ΑD						

Award Number: W81XWH-07-2-0010

TITLE: The Effect of Interactive Simulations on Exercise Adherence with Overweight and Obese Adults

PRINCIPAL INVESTIGATOR: Melba C. Stetz, Ph.D.

CONTRACTING ORGANIZATION: University Clinical Education & Research Associate

Honolulu, HI 96813

REPORT DATE: March 2011

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command

Fort Detrick, Maryland 21702-5012

DISTRIBUTION STATEMENT: Approved for Public Release; Distribution Unlimited

The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation.

## Form Approved REPORT DOCUMENTATION PAGE OMB No. 0704-0188 Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing this collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to Department of Defense, Washington Headquarters Services, Directorate for Information Operations and Reports (0704-0188), 1215 Jefferson Davis Highway, Suite 1204, Artlington, VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to any penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number. PLEASE DO NOT RETURN YOUR FORM TO THE ABOVE ADDRESS. 2. REPORT TYPE 3. DATES COVERED 1. REPORT DATE 30 November 2010 – 28 February 2011 March 2011 Annual 4. TITLE AND SUBTITLE 5a. CONTRACT NUMBER **5b. GRANT NUMBER** The Effect of Interactive Simulations on Exercise Adherence with Overweight and W81XWH-07-2-0010 Obese Adults **5c. PROGRAM ELEMENT NUMBER** 6. AUTHOR(S) 5d. PROJECT NUMBER 5e. TASK NUMBER MAJ (P) Melba C. Stetz, Ph.D. 5f. WORK UNIT NUMBER E-Mail: melba.stetz@us.army.mil 8. PERFORMING ORGANIZATION REPORT 7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) NUMBER University Clinical Education & Research Associate Honolulu, HI 96813 9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) 10. SPONSOR/MONITOR'S ACRONYM(S) U.S. Army Medical Research and Materiel Command Fort Detrick, Maryland 21702-5012 11. SPONSOR/MONITOR'S REPORT NUMBER(S) 12. DISTRIBUTION / AVAILABILITY STATEMENT Approved for Public Release; Distribution Unlimited 13. SUPPLEMENTARY NOTES 14. ABSTRACT This project was designed to evaluate the effect of video game play on exercise motivation, self-efficacy, and adherence in overweight and obese adults. A prototype stationary exercise bicycle that integrated video game play capabilities was developed and tested. Due to many developments, in late 2010, a new Principal Investigator (MAJ (P) Melba C. Stetz, Ph.D.) took over this project. After properly identifying and complying with all the modifications suggested by the local Scientific Review Committee, the local Human Use Committee, and the Medical Research and Materiel Command, she obtained the Start Letter from her local IRB on 20 DEC 2011. 15. SUBJECT TERMS Bicycle exercise study

17. LIMITATION

OF ABSTRACT

UU

18. NUMBER

5

**OF PAGES** 

19a. NAME OF RESPONSIBLE PERSON

19b. TELEPHONE NUMBER (include area

**USAMRMC** 

code)

16. SECURITY CLASSIFICATION OF:

b. ABSTRACT

U

c. THIS PAGE

a. REPORT

## **TABLE OF CONTENTS**

INTRODUCTION	3
RESEARCH PROJECT STATUS	3
CONCLUSION	4
REFERENCES	Δ
APPENDICES	Δ

#### INTRODUCTION

This study examines the effects of interactivity with video game play on exercise adherence, exercise motivation, and self-efficacy in overweight and obese Army personnel. Despite being younger, less obese, and more physically fit than the average American adult, many active duty personnel are challenged by overweight and obesity. These conditions adversely impact military readiness and mission-related success. While increased activity level has proven to be a critical element in weight loss and improved health, adherence to physical exercise programs has been problematic. Two important mediators of this relationship are self-efficacy and motivation to exercise. Interactive simulations such as video games are highly engaging and provide positive visual and auditory stimulation that may allow participants to enhance and maintain positive exercise behaviors. The project randomizes 60 active duty military participants into 2 exercise groups---one using video game-enhanced exercise bicycles and the other using non-enhanced exercise bicycles. A repeated measures experimental design is used to evaluate group differences in exercise adherence, self-efficacy, and exercise motivation. Secondary variables include cardiovascular fitness, exercise behavior indicators, physiologic changes, health perceptions, and quality of life. The longer-term goal of this effort is to improve the readiness of military personnel and the health status of the general public through the study of innovative applications of new and emerging technologies to treat behavioral health disorders.

### **RESEARCH PROJECT STATUS**

✓ Task 1: Submit protocol for IRB and second level review approval

<u>Done.</u> The version that MAJ (P) Stetz submitted, with all suggested modifications, was approved. Start Letter was obtained on 20 DEC 2010.

√ Task 2: Evaluate, purchase, setup equipment and physiologic monitors

Done. All the needed equipment and material was purchased.

√ Task 3: Develop, install, test software to capture exercise data

**Done.** The equipment, hardware, and software got tested for use.

✓ Task 4: Hire & train research staff on equipment and protocol procedures

<u>Done.</u> The new Principal Investigator is no cost to this project due to her military status. However, Project Coordinator, Research Assistants, and Computer Techs were hired to help set and run this project (see Appendix A).

✓ Task 5: Pilot test procedure & equipment (no data collection)

Done. Initial testing of connectivity and functionality was completed.

✓ Task 6: Recruit & identify participants
Participant recruitment is projected to start around MAR (2011) to be followed by data collection.

# Task 7: Assess, randomize, run study TBA

Task 8: Analyze data and complete final report TBA

### CONCLUSION

Approval was obtained and the research staff and systems are ready to start recruiting participants and collecting the data.

### **REFERENCES**

Not applicable at this time.

### **APPENDICES**

Appendix A: Photos of data system being tested.





